

Bay of Saint-Tropez / Maures Hills...the natural way

Royal-Canadel-sur-Mer

Itineraries starting out from the Tourist Office on the RD 559 road. **P** **IGN 3446 OT**

1 Sentier Le Grand Royal-Canadel - Pramouquier round trip
⌚3 ¼ hrs. - 10,8km - **✂✂** - no markings

Take the RD 559 road towards Cavalaire. Go up the monumental staircase to the circular "Pateck" pergola. Head up the road to the right of the church, then continue to "Avenue Aix les Bains", "Avenue C. Bayard" and "Corniche de Genève". When you reach the "Corniche de Nancy" intersection, head down 50m to the left to "Col de l'Étoile". After the "Maison Rose", take the take the left-hand track (PF 331 RF 33 - 1.3 km) to "Col du Canadef". Take either track of the fork (they meet up). At the end of the track, take the larmacked road on the left to the pass. Views over Le Royal-Canadel, sea and lies d'Or islands. Walk 500m along the "Route Forestière Privée des Crêtes" towards Bormes, then take "La Louve" forest path towards Pramouquier. Stay on the left at the intersection (sea view), then go down the larmacked road on the right (small housing estate called "Hautes Louves" n°s 1 to 18 and 19 to 34). Head straight on at the "Corniche des Pins" - "Genêts" intersection. Turn right at the "Corniche des Arbouses" - "l'Impasse des Arbouses" intersection and continue to the road. Head left at "La Louve" towards the RD 559 road. Cross "Chemin de l'Écuelle" to the old railway track, then turn left towards Cavalaire. After 2.7 km, pass under the tunnel then carry on to the "Parcs du Royal" car park. Head up to the left to the monumental staircase and RD 559 road via the passageway. Return to the tourist office.

2 Sentier Le Petit Royal-Canadel round trip

⌚2hrs. - 6,9 km - **✂✂** - no markings
Same as itinerary n° 1 up to "larmacked road on the left to the pass". At the cross-roads, head down towards the sea. At the intersection, take the road heading downwards next to the sign marked "propriété privée" (private property). After "Avenue des Stoechades", head back up and walk past the cemetery. Head back down the road and continue straight on to the "Corniche de Toulouze" and "Corniche de Marseille" intersection. Continue to "Corniche de Lyon" then "Avenue de Bruxelles". At the church, head back to the "Pateck" pergola, then turn right along the small path. Go back down the monumental staircase to the RD 559 road. Return to the tourist office.

3 Sentier du Haut Royal on markings

⌚1 ½ hrs. - 3,6 km - **✂✂** - non balisé
Same as itinerary n° 1 to the "Pateck" pergola. Head left of the church towards the cemetery and "Avenue de Bruxelles". Go straight on at the intersection, then take "Corniche de Bordeaux", "Corniche de Toulou", "Corniche de Nantes" and "Corniche de Paris" until you come to "Col de l'Étoile". Pass in front of the "Maison Rose", head up "Corniche de Genève", then walk down "Avenue C. Bayard" and "Corniche de Lyon" to the church. Take the footpath on the right, then go back down the monumental staircase to the RD 559 road. Return to the tourist office.



4 Sentier du Canadel round trip

⌚1hr.35 mins. - 5,7 km - **✂✂** - no markings
Same as itinerary n° 3 to "Avenue de Bruxelles". Head straight on at the intersection, then take "Corniche de Marseille" and "Corniche de Toulouse". Go past the cemetery, then "Avenue des Stoechades". Turn right at the "Route de la Mole" intersection towards Le Canadel. Pass in front of the "HLM Paulette Gola" housing estate, and continue to the RD 559 road. Cross the road and head left along the old railway track between the road and "Relais des Maures" hotel for 2,7km (tarmac then earth). Go under the tunnel and continue to the car park of the "Parcs du Royal" residence, then head a short way back up the road to the left and take the passage on your left leading to the monumental staircase. Go up the monumental staircase to the RD 559. Return to the tourist office.

5 Old Railway Track - return trip

⌚1 ½ hrs each way - 6 km - **✂** **🚲** - no markings
Itinerary A : take the RD 559 road towards Cavalaire, then go down the monumental staircase on your right. Go past the car park of the "Parcs du Royal" residence, then head left along the mud track (old railway track). Go under the iron bridge and continue to "Hameau du Datier" before the tunnel. Return via same route.
Itinerary B : same as A to the "Parcs du Royal", then head right along the mud track (old railway track) for 2,7km. Go under the tunnel and continue to Canadel chapel. Continue to "Chemin du Plageon". Return via same route.

6 Le Royal Discovery Itinerary

⌚45mins. - **✂✂** - no markings
Head right towards the village. Continue for 50m until you reach "Avenue Mistral" on your right, then head up to the church. When you reach the "Pateck" pergola, go back down a short way to the church. Turn left (by the trees, concrete slab and green doors) and take the small path leading to the monumental staircase. Go down the staircase to the road, cross the road and continue heading down the steps. Go past the car park of the "Les Parcs du Royal" residence, then take the mud track on your left (old railway track). Go under the iron bridge. Continue to the crossroads, then turn right onto "Avenue des Belges" towards "Domaine du Royal". Continue for 200m. At the second intersection, turn left onto "Avenue des Américains" and continue to the "Bailli de Suffren" hotel. Head up the steps to the right leading to the village, go past "Square Jean Aicard" and take "Avenue du Capitaine Thorel". Take the one-way street at the intersection. Return to the tourist office.

7 Jardin Marin du Royal (Underwater Garden) **✂**

Discover this luxuriant underwater garden, with its flourishing posidonia meadows and shallow rocky and sandy beds from June to September. Domaine du Royal is a protected site. Bought up by the Conservatoire du Littoral coastal conservation society in 1989, it has since been restored and opened to the public. It provides a fascinating insight into Mediterranean varieties from the world over. Equipment supplied: diving suit, flippers, mask and snorkel. Prior booking on site or on +33(0)4 98 04 44 00. www.domaineduroyal.org

Cavalaire

8 Le sentier du Fenouillet

⌚1 ½ hrs. - 2,5 km - **✂✂** - round trip - signposted - **✓** 80m
Details available from the Tourist Office.
Further to heavy rainfall in the winter of 2008/2009, the section between departure points 1 and 2 on the RN 559 road is currently closed to the public (see detailed map

of Tourist Office). This round trip offers an insight into our beautiful and preserved Mediterranean plant life and features panoramic views over the lies d'Or islands, Bay of Cavalaire and Maures Hills.

La Croix Valmer

IGN 3545 OT
Yellow - Blue footpaths

9 Our Wild Landscapes

⌚5 hrs. - 10km on footpath - **✂✂✂** - **✓** 145 m - **➔** Yellow - **P**
Departure from "Plage de Gigaro" beach. From "Plage de Gigaro" beach at the entrance to "Domaine du Cap Lardier" (site protected by the coastal conservation society), take the coastal footpath path past "Plage du Brouis" beach and "Pointe d'Andat" to "Pin Blanc". You can opt for a choice of 2 itineraries at this point:
1 Follow the footpath to "Cap Lardier", featuring the ruins of an ancient Napoleonic gun battery and unique panoramic views over the three capes, or
2 Take the path to the old signal station, offering views over the Bay of Cavalaire and lies d'Or islands off the coast of Hyères. Head back to "Cap Lardier" via the inland path. Continue on the coastal footpath to "Cap Talliat" via "Plage de la Briande" beach. Then head up the path to the left to the ancient customs officers' house and the "Baie de Briande" dolmen. Return via the same route to the end of "Plage de la Briande" beach. Take the track to the right of the beach and head along the brook. At "La Bastide Blanche", turn left and head along "Vallon des Brouis". At the gate, take the track on the right. Head down the "Brugas" track to "Plage de Gigaro" beach.

10 19th and Early 20th - Century Villas

⌚3 hrs. - 6 km sur route et sentier - **✂✂** - **✓** 100 m -
➔ blue and yellow markings **P** - Departure from Tourist Office
You can lunch on "Héroclée" or "Gigaro" beaches.
Follow the blue markings. At "Rond point de La Croix" roundabout, take the underpass then head down "Bd Tabarin" (left hand pavement) towards "Tabarin Vergeron Gigaro". Take the first road on the left ("Boulevard des Villas"), where you will be able to admire La Croix-Valmer's late 19th-century/early 20th-century villas: "La Roseraie" with its flat roof, "Saint-Joseph" 1917, "Le Manoir" 1914, "La Grande Clarière" 1900, "Andaouïers" with its glazed tile roof and garden, "Villa des Bruyères" (the old school) and "Maison des Péres Saint-Espirit" 1895. Turn right before the bridge. Head left at the intersection towards the beaches ("Les Plages"). Go past the vineyard. Cross at the zebra crossing then head right. After the bus stop, take the 2nd road on the left ("Allée de la Bouillabaisse"). Just before the "Vitry-sur-Seine" holiday village, head down the small footpath on the left, then down the steps on the left. **Now follow the yellow markings and the "Sentier du littoral" signs.** This section is interspersed with coves, jutting capes and beaches. Go past "Plage du Vergeron" beach (ancient citrus fruit plantation) and "Plage de Sylvabelle" (where you can see the "Villa Couadou" built for Sarah Bernhardt in 1914. At "Plage d'Héroclée" beach, take "l'Impasse d'Héroclée". **From here on, follow the blue markings again.** Pass in front of the old sanatoriums and inhalatoriums of Sylvabelle. Turn right onto "Boulevard Tabarin" at the crossroads. Return to the village via same route.

11 In the Footsteps of the Allied Landings in Provence

⌚2hrs. - 7 km on road and footpath - **✂✂** - **✓** 100 m
➔ blue and yellow markings **P** - Departure from Tourist Office
You can lunch on "Plage du Débarquement" beach.
Same route as for itinerary n° 10 until: Take the first road on the left ("Boulevard des Villas"). Head down to the right before the bridge, then turn left at the intersection towards "Les plages". Head left at the intersection towards the beaches ("Les Plages"). Cross at the zebra crossing then head right. After the bus stop, take the 2nd road on the left ("Allée de la Bouillabaisse"). Just before the "Vitry-sur-Seine" holiday village, head down the small footpath on the left to the sea. **Now follow the yellow markings and the "Sentier du littoral" signs.** Take the steps on the right. Panoramic view over the Bay of Cavalaire; the historic site of the Allied Landings in Provence. Continue to "Plage du Débarquement" beach. Continue to the pontoon then turn right towards the shops. You will cross two war memorials erected in memory of the French and overseas armies. **After the shops, follow the blue markings again.** Continue to the roundabout ("Rond point de la 1ère Division Française Libérée"). Take the underpass on your left, cross "Boulevard de la Mer", then head up to the left towards "Barbigou". After the "Sélection" campsite, cross over to the left and follow the pedestrian way upwards. At the intersection with a flat road, head right towards "Le Village" via "Avenue de Provence". After the bridge, take the pavement and cross "Boulevard de Tahiti". Pass the square then head up towards the village to the ancient railway station above the tourist office.

12 Little Switzerland

⌚2hrs. - 6km on road and footpath - **✂** - **✓** 110 m - **P**
You can lunch on "Plage du Débarquement" beach.
Choice of two options departing from the Tourist Office:
1 At the "Rond Point de la Croix" roundabout facing the tourist office, take the underpass then head down "Bd Tabarin" towards "Tabarin Vergeron Gigaro". Take the first road on the right ("Rue de l'Église") then turn right again. At the next cross-roads, head 20 m up the road to the right. Take the path on the left (car park) at the "Résidence des 3 lies".
2 At the "Rond Point de la Croix" roundabout facing the tourist office, cross the road opposite the "Pizzeria House" and head down to the right. At the intersection with the "office notarial", head down to the left ("Rue de l'Église") towards "La Plage". Take the path to the right of the "Résidence des 3 lies" and pass the vineyard on your left. Cross the larmacked section (car park) and continue on the mud track on your left until you reach the larmacked road. Head down the road. Turn left when you reach the last house on your left and head along the vines again. Late 19th and early 20th-century villas on your left.

Choice of 2 options at this point:

1 Fitness run (walking itinerary and fitness area): take the winding footpath on the right.
2 Continuation of itinerary: cross the ford on your left then take the path on the right. The brook (on your right) and vines lead you through a cool, green wood referred to as "La Petite Suisse" (Little Switzerland) to a larmacked road.

Choice of 2 options for the return journey:

- Either return via the outward route,
- Or cross the road and head right to the "Rond point du Débarquement" roundabout. Take the underpass, cross "Boulevard de la Mer", then head left towards "Barbigou". After the "Sélection" campsite, cross over to the left and follow the pedestrian way upwards. At the intersection with a flat road, head right towards "Le Village" via "Avenue de Provence" (site of the ancient Provence railway linking Toulon and Saint Raphaël via the coast between 1890 and 1945. Caution: this road is shared with a cycle path). After the bridge, take the pavement and cross "Boulevard de Tahiti". Pass the square then head up towards the village to the ancient railway station above the tourist office.

13 Panoramas of the Bay of Saint-Tropez and Cavalaire

⌚3hrs. - 8km on road and footpath - **✂✂✂** - **✓** 220 m - **➔** orange markings **P** - Departure from Tourist Office
Head up "Rue L. Martin" on the left-hand pavement. Turn left after "Hôtel de la Rotonde" into "Rue F. Mistral" (follow the signs marked "groupe scolaire"). Panoramic view over the Bay of Saint-Tropez, Gassin and plain of Grimaud. Turn left onto the footpath 50m after the "Château de Chausse". Turn right at the vineyard, then continue alongside the vines until you reach the embankment. Head up the footpath to the right through the woods (steep ascent). At the top, take the footpath opposite. Turn left at the GR 51 crossroads. Turn left after the reservoir, then left again 50m further on and head up to the pass: panoramic views over the Maures and Estérel

3446 OT

Hills (you can see the snowy summits of the Alps in winter). On the way back down the path, you will come across the white quartz rocks that have lent their name to the "Rochers Blancs" site. After the long, steep descent, take the little path on your right towards "Château de Chausse" then return to the village.

14 Riches of the Land
⌚2hrs. - 6km on road and footpath - **✂** - **✓** 100 m - **➔** green markings **P** - Departure from Tourist Office
Head up "Rue L. Martin" on the right-hand pavement. Turn right after the to-boconists', then cross the road at the "Rond Point du Bros" roundabout. Head along "Route du Bros". Take the footpath on your left after the stadium. Walk to the larmacked road, offering panoramic views over the vineyards, then head downwards (panoramic view over the village of Gassin). Turn right towards "La Gollasse" and follow the larmacked road. Head down to cross the mimosa forest (in bloom in January-February) and admire the view over the Mediterranean Sea. Continue on the larmacked road and go past "Colline des Sarrasins" on your left. Head past "Mas de la Gollasse" on the right and descend towards "Corniche de la Piñède". Cross the road at the bottom of the corniche and turn right. Take "Allée des Cassis" on your left and follow the larmacked road. When you reach "Villa des Éléphants" on your left, go up the 3 steps and the footpath on your right. Turn left when you reach the larmacked road and follow the signs to the village via "Boulevard des Villas". Take the right-hand pavement at the intersection. Cross the road at the "Rond Point de La Croix" roundabout and take the underpass to return to the tourist office.

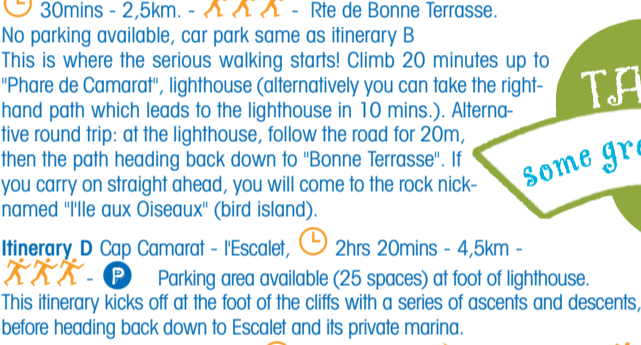
15 "Sentier du Littoral" (Coastal Footpath)

Itinerary A Plage de Tahiti - Plage du Migon
⌚1 ½ hrs. - 5km - **✂** - **P** Plage de Tropezina, Rte de Tahiti
Start out from the northern end of Pampelonne beach (nearest to Saint-Tropez). Walk along the shore from Tropezina to Migon - the peninsula's largest beach, interspersed with beach restaurants.
Itinerary B Plage du Migon - Anse de Bonne Terrasse
⌚15mins - 0,5km - **✂✂** - Rte de Bonne Terrasse **P** Summer: municipal parking area for mobile homes from April-October. Winter: car park to left of Le Migon restaurant, open from November to end March.
Start out from the extreme southern end of Pampelonne beach. Take the sign-posted coastal footpath at the foot of the cliffs. After 100 m, you will come to "Lou Pous" natural spring. Carry on to "Bonne Terrasse" cove and its little fishermen's houses.
Itinerary C Anse de Bonne Terrasse - Cap Camarat ou Phare de Camarat
⌚30mins - 2,5km. - **✂✂✂** - Rte de Bonne Terrasse.
No parking available, car park same as itinerary B
This is where the serious walking starts! Climb 20 minutes up to "Phare de Camarat", lighthouse (alternatively you can take the right-hand path which leads to the lighthouse in 10 mins.). Alternative round trip: at the lighthouse, follow the road for 20m, then the path heading back down to "Bonne Terrasse". If you carry on straight ahead, you will come to the rock nicknamed "Île aux Oiseaux" (bird island).
Itinerary D Cap Camarat - l'Escalet. ⌚2hrs 20mins - 4,5km - **✂✂✂** - **P** Parking area available (25 spaces) at foot of lighthouse.
This itinerary kicks off at the foot of the cliffs with a series of ascents and descents, before heading back down to Escalet and its private marina.
Itinerary E Escalet - Cap Talliat, ⌚35mins - 2km. **➔** yellow markings **✂** - **➔** blue markings **✂✂** - **P** Plage de l'Escalet. Rte de l'Escalet
Unquestionably the prettiest section of the coastal footpath, with the long sandy arm (isthmus) of Talliat as a backdrop - you will reach the isthmus after crossing a series of coves. You will be able to admire the beautiful sea beds from the summit of Cape Talliat, and their changing colours according to the wind. Experienced walkers can reach "Plage de Gigaro" beach by continuing for 2 hours on the same footpath. Don't miss a visit to the Dolmen on the path situated behind the ancient customs officers' house.

Ramatuelle

IGN 3545 OT
Yellow - Blue footpaths

16 Le sentier marin (Underwater Itinerary): aquatic itineraries between Le Royal-Canadel and Ramatuelle hosted by the marine observatory. Welcome : "Plage du Débarquement" beach in La Croix-Valmer, near to the emergency station (poste de secours).
Departure : "Plage du Débarquement" beach in La Croix-Valmer - **P** Paying
Special conditions : Minimum age : 8 years - Swimmers only.
Information : Tel. +33(0)4 94 00 46 20 www.observatoire-marin.com
e-mail : contact@observatoire-marin.com
The "Observatoire Marin" (marine observatory) welcomes visitors between July 2nd and September 4th for an exciting underwater itinerary on the shallow sea beds of the Maures coast. Led by a qualified diving instructor, you will visit the coast's most beautiful coves. The outward boat trip offers a fabulous opportunity to admire the coastal landscapes, and is enriched with the interesting and informative comments of your guide. You will then enjoy exploring the crystal-clear waters of the shallow coastal sea beds. All gear - diving suit, mask, snorkel and flippers - is provided.
What to bring: Towel and swimming trunks (no shorts).
Long hair must be attached.
Price: Adults €18
children €12 (up to 16 years old).



TASTE
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17 "Sentier du Littoral" (Coastal Footpath)
⌚4 ½ hrs - 14km - **✂✂** - **➔** yellow markings
P "Plage de Tahiti" beach in Ramatuelle.
Itinerary stretching from the beaches of Pampelonne to Ramatuelle via "Cap du Pinet", "Pointe du Capont", "Les Solins" (salt marshes), "La Moulte", "Baie des Canebiers" and "Tour du Portalet". Arrival at Saint-Tropez port. Return via same route.

18 "Sentier du Littoral" (Coastal Footpath)

⌚4hrs. - 12km - **✂** - round trip - **➔** yellow markings - **P**
Starting out from sailing school in Canebiers bay. Follow the coastal footpath via "Cap St Pierre", then "Plage de la Moulte" and "Plage des Solins" beaches. After the fire station, take "Chemin de la Fontaine de la Trèille" at the car park, then follow the road to the sailing school. You can also start and finish this itinerary at "Tour du Portalet" tower in Saint-Tropez port (+ 2 hrs - 15 km round trip - 4 ½ hrs. approx).

19 to 23 "Les Sentiers de l'Arlatane"
▲ 195m - wooden signposts and arrows.
P At village entrance
Discovery itineraries under the village. Head towards the village's new quarter and pass the Post Office (Poste). Panoramic view over the Maures hills. Head down to the right before the schools ("Circuit Promenade - Jardin Botanique"). Go down the steps at the sports ground. The footpaths pan out from the childrens play area. Walk past the old washub, then follow the signs.
19 "Sentier des Bugadières" **➔** red markings - ⌚10mins - **✂**
After the washub, turn left towards "Traverse des Bugadières". Walk round the sports ground, then head back up the wooden steps to the village.
20 "Sentier de l'Arlatane" - ⌚30mins - **✂✂**
Continue to the right at the crossroads ("Sentier des Sources" on left) and head down the road. Turn left at the intersection and take "Sentier des Restanques" (do not head straight on). Follow the markings.
21 "Sentier des Restanques" - ⌚50mins - **✂✂**
Same departure point as for "Sentier de l'Arlatane" itinerary. Carry straight on (go past "Sentier du Vallat" on your right). Return via the "Sentier des Sources" on the left, then head back up to the village.
22 "Sentier des Sources" - **➔** yellow markings - ⌚50mins - **✂✂**
Pass the washub, then head towards the "Sentier des Sources" after the "Traverse des Bugadières" signpost. Turn right at the first crossroads and follows the signs (go past "Sentier des Restanques" on your right). Follow the "Sentier des Sources de l'Arlatane" signposted footpath. Continue to the washub and picnic area. Return via same route or "Sentier du Vallat".
23 "Sentier du Vallat" - **➔** green markings - ⌚50mins - **✂✂**
Carry on along the "Sentier des sources de l'Arlatane". At the first crossroads, follow the arrow marked "Sentier du Vallat - Village". Alternatively, return via the "Sentier des Restanques".

24 Sentier des Crêtes **🚲**
⌚4hrs - 15km - **✂✂** - **▲** 336m - **✓** 326 m - vertical green signposts
P - round trip
Departure point: "La Gavotte" water treatment station on the GR 51 long-distance footpath. Head back up the path to the "Boguérière Sud" barrier, then the "Peinier" ruins. Take the track on the right (go past "Crête de Peinier" barrier on your left). At the summit, head back down towards "Val d'Astier" to the right. Turn right at the water tank. Pass in front of the war memorial, then head left until you reach the fork. Carry straight on, along the meadow and river. At the next intersection, follow the reservoir bank on your left, then take the path on your right to "Pont de la Grovière" bridge. Cross the bridge, follow the river to the road, then head right back up to the departure point car park.

25 "Chemin des Tortues" Botanical Footpath
⌚30mins - 1 km - **✂** - **P** departure point: hut in "Quartier Nègresse" next to tennis courts - round trip
Informative itinerary on the themes of nature, fauna and flora: Oaks, Ferns, Euphorbia, Sarsaparilla, Myrtle, etc.

Grimaud

26 "Sentier de la Castellane" **🚲**
⌚1hr - 3,8km - **✂** - **✓** 150m - **➔** green markings - **P** place Neuve
Starting out from the tourist office: village, "Castellane", "Vicairie", "Mignonne", "Beausoleil", tourist office.
Lower area of village and vicinity.
27 "Sentier du Pont des Fées" - discovery itinerary - round trip
information panels on the fauna, flora and heritage of the valley
⌚1hr - 1,5 km - **✂✂** - white markings - **P** pont des Fées
Head down to "Lei Fouantlouno" spring, then continue to the river. Go past the stone dam and "Pont des Fées" bridge. Continue descending the valley via the track, then the footpath on your left. Take the footpath on your right before the wooden barrier and head up to the "Saint-Roch" windmill, then head back down a few metres to the car park.
28 "Sentier du Pierredon" - round trip
⌚50mins - 2 km - **✂✂** - itinerary n° 25 signs,
➔ then dark blue painted markings.
Same as itinerary n° 27 up to the wooden barrier. Go past the barrier and continue down the track. Cross the ford and bridge. Return to the village via the RD larmacked road and "Moulin St Roch" mill.
29 "Sentier de la Calade" - round trip
⌚1 ½ hrs. - 3,7 km. - **✂✂** - itinerary n° 25 signs,
then orange pointed markings **➔**
Same departure as itinerary n° 28. After the bridge, continue along the track to the road. Head up to the "Oratoire St Joseph" at the intersection, then back down to the road and to the right, to the village and "Moulin St Roch" mill.

30 Sentier du Littoral (Costal Footpath) - return trip
⌚15mins - 800m - **✂** - **➔** yellow markings
From Sainte-Maxime, take the coastal towards Fréjus-Saint-Raphaël. Continue for 3,5 km until the last bend in the road. Parking is difficult along this road. Departure point adjacent to gate.
A natural peninsula known as "La Petite Corse" (Little Corsica), "Pointe des Sardinoux" is an ideal site for family walks and observing typical Mediterranean flora and fauna. Two curiosities: a bunker dating back to WWII and a Roman fish-reeing point. Picnic area.
31 to 33 "Sentiers de Catalogno" itineraries
marked with signposts and arrows
3 round trips starting out from the RD 44 road. From Sainte-Maxime, take the "Route du Muy" - RD 25 - towards the A8 highway, then turn off to the right after around 9 km when you see the sign "Plan de la Tour, itinéraire touristique". Pass over the bridge on "Col de Gatteloup" pass on your left, then continue on the RD 44 road for around 2.6km. Departure point on left of road. Parking area available. Of note: you will enjoy fabulous views over the Bay of Saint-Tropez and discover the typical flora and fauna of the Maures hills. In the way, you may be lucky enough to come across grazing donkeys or goats. You will also be able to observe turtles and subaquatic fauna in the stream. To top your pleasure, take time out to visit the olive wood sculptor Monsieur Biehl or goats cheese makers Monsieur and Madame Leclerc, who will be pleased to offer you a free tasting session. Don't leave without some of their organic produce!
31 "Sentier de la crête de Catalogno"
⌚2hrs. - 5,3km - **✓** 200m - **✂✂**
32 "Sentier du Cros du Mouton"
⌚1hr. - 3km - **✓** 110m - **✂✂**
33 "Sentier du Beaucaus"
⌚2 ½ hrs. - 5,7km - **✓** 175m - **✂✂**
This itinerary includes a 2.2km section of the RD44 road.
34 to 35 "Sentier du Quilladou"
2 round trips - marked with signposts and arrows.
Starting out from Sainte-Maxime, head towards the A8 highway via "Avenue Georges Clémenceau" then "Route du Plan de la Tour". At the "Rond Point de Neuenburg" roundabout, take the small "Chemin Communal des Saquèdes" facing the entrance to the McDonald's car park and continue for 1.4 km. You can park on the right-hand kerb. Departure point on the left at letter box n°79.
34 "Sentier du Defend"
⌚3hrs. - 6,3km - **✓** 284m - **✂✂✂**
A 1.7km section of this itinerary runs along the "Route Communale des Saquèdes". Of note: magnificent 360° view from the summit of "Defend" over the Bay of Saint-Tropez and Maures and Estérel hills. You can see all the way to the Alps in fine weather!
35 "Sentier de la Baumette"
⌚2 ½ hrs. - 6,3km - **✂✂**
Discover the flora and fauna of the Maures Hills.

31 "Sentier de la crête de Catalogno"
⌚2hrs. - 5,3km - **✓** 200m - **✂✂**
32 "Sentier du Cros du Mouton"
⌚1hr. - 3km - **✓** 110m - **✂✂**
33 "Sentier du Beaucaus"
⌚2 ½ hrs. - 5,7km - **✓** 175m - **✂✂**
This itinerary includes a 2.2km section of the RD44 road.
34 to 35 "Sentier du Quilladou"
2 round trips - marked with signposts and arrows.
Starting out from Sainte-Maxime, head towards the A8 highway via "Avenue Georges Clémenceau" then "Route du Plan de la Tour". At the "Rond Point de Neuenburg" roundabout, take the small "Chemin Communal des Saquèdes" facing the entrance to the McDonald's car park and continue for 1.4 km. You can park on the right-hand kerb. Departure point on the left at letter box n°79.
34 "Sentier du Defend"
⌚3hrs. - 6,3km - **✓** 284m - **✂✂✂**
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35 "Sentier de la Baumette"
⌚2 ½ hrs. - 6,3km - **✂✂**
Discover the flora and fauna of the Maures Hills.


Saint-Tropez

17 "Sentier du Littoral" (Coastal Footpath)
⌚4 ½ hrs - 14km - **✂✂** - **➔** yellow markings
P "Plage de Tahiti" beach in Ramatuelle.
Itinerary stretching from the beaches of Pampelonne to Ramatuelle via "Cap du Pinet", "Pointe du Capont", "Les Solins" (salt marshes), "La Moulte", "Baie des Canebiers" and "Tour du Portalet". Arrival at Saint-Tropez port. Return via same route.

18 "Sentier du Littoral" (Coastal Footpath)
⌚4hrs. - 12km - **✂** - round trip - **➔** yellow markings - **P**
Starting out from sailing school in Canebiers bay. Follow the coastal footpath via "Cap St Pierre", then "Plage de la Moulte" and "Plage des Solins" beaches. After the fire station, take "Chemin de la Fontaine de la Trèille" at the car park, then follow the road to the sailing school. You can also start and finish this itinerary at "Tour du Portalet" tower in Saint-Tropez port (+ 2 hrs - 15 km round trip - 4 ½ hrs. approx).

19 to 23 "Les Sentiers de l'Arlatane"
▲ 195m - wooden signposts and arrows.
P At village entrance
Discovery itineraries under the village. Head towards the village's new quarter and pass the Post Office (Poste). Panoramic view over the Maures hills. Head down to the right before the schools ("Circuit Promenade - Jardin Botanique"). Go down the steps at the sports ground. The footpaths pan out from the childrens play area. Walk past the old washub, then follow the signs.
19 "Sentier des Bugadières" **➔** red markings - ⌚10mins - **✂**
After the washub, turn left towards "Traverse des Bugadières". Walk round the sports ground, then head back up the wooden steps to the village.
20 "Sentier de l'Arlatane" - ⌚30mins - **✂✂**
Continue to the right at the crossroads ("Sentier des Sources" on left) and head down the road. Turn left at the intersection and take "Sentier des Restanques" (do not head straight on). Follow the markings.
21 "Sentier des Restanques" - ⌚50mins - **✂✂**
Same departure point as for "Sentier de l'Arlatane" itinerary. Carry straight on (go past "Sentier du Vallat" on your right). Return via the "Sentier des Sources" on the left, then head back up to the village.
22 "Sentier des Sources" - **➔** yellow markings - ⌚50mins - **✂✂**
Pass the washub, then head towards the "Sentier des Sources" after the "Traverse des Bugadières" signpost. Turn right at the first crossroads and follows the signs (go past "Sentier des Restanques" on your right). Follow the "Sentier des Sources de l'Arlatane" signposted footpath. Continue to the washub and picnic area. Return via same route or "Sentier du Vallat".
23 "Sentier du Vallat" - **➔** green markings - ⌚50mins - **✂✂**
Carry on along the "Sentier des sources de l'Arlatane". At the first crossroads, follow the arrow marked "Sentier du Vallat - Village". Alternatively, return via the "Sentier des Restanques".

30 Sentier du Littoral (Costal Footpath) - return trip
⌚15mins - 800m - **✂** - **➔** yellow markings
From Sainte-Maxime, take the coastal towards Fréjus-Saint-Raphaël. Continue for 3,5 km until the last bend in the road. Parking is difficult along this road. Departure point adjacent to gate.
A natural peninsula known as "La Petite Corse" (Little Corsica), "Pointe des Sardinoux" is an ideal site for family walks and observing typical Mediterranean flora and fauna. Two curiosities: a bunker dating back to WWII and a Roman fish-


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Happiness to share

Golfe de Saint-Tropez
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 48 footpaths, mountain biking or horse riding

A Few Recommendations
 The green and red itineraries shown in this document can be enjoyed outside the summer period (June 15th - September 15th). The blue itineraries are open all year round. Please respect the following rules and recommendations at all times...

- Nature is fragile, so please respect it. Some itineraries cross private properties. Please do not stray.
- Do not cut or pick plants.
- During the sweet chestnut harvest, please avoid itineraries crossing private chestnut groves. Chestnut picking is prohibited and punishable by law. The groves are supervised at all times by qualified personnel.
- Take water and food with you. Make sure you are equipped with adapted clothes and walking shoes.
- Do not leave any litter behind you.
- It is prohibited to smoke or light fires in or near forests.

Forest hill closing
 ALARM forest fire prevention plan. please ask for details on +33(0)4 98 10 55 41 (recorded message) or go to www.ddaf.cdtg-83.org. Pedestrian access to forests is restricted in case of major fire risk.

- Before setting out, please check the weather forecast on 0892 68 02 83 or 32 50 or www.meteofrance.com
- Emergency number : 112 from mobile phones.

Legend
 SCALE : 1/45 000
 5 km.

- Rural zone
- Urban zone
- GR9
- Footpaths

Geology
 (See St Tropez / Cap Lardier and Collobrières geology map, scale 1 : 50000). Primary crystalline range at the origin of a compartmentalized relief, favouring the expansion of forests (siliceous rocks). Ancient pre-Cambrian shelf (580 million years), folded and split from East - West to North-East - South-East. Range composed of metamorphic rocks : shale, mica-schist, gneiss, amphibolites, quartzites, plus the presence of granitoid at Plan de la Tour and Cap Camarat and sedimentary soils (sandstone and arkose) in faulted areas.

Flora
 Silent and formerly highly forested range, deteriorated by successive forest fires. "Maquis" composed of green and white oaks, Aleppo pines, maritime pines, umbrella pines, chestnut trees (north face), arbutus (red fruit in December), white heather, Montpellier rockrose otherwise known as "Messugue" (white or purple flowers), and "Argelas" (yellow flowers).

Fauna
 Game : Many wild boars (hunting season - mid August to end January dates available from tourist offices and town councils). Hare, rabbit, partridge, pheasant, woodcock, wood pigeon.

SHARE
 moments of real happiness

CLIMB
 on top of Maures Hills

DISCOVER
 the secrets of ancestral knowledge

DRIVE
 anywhere you want

APPRECIATE
 the passion of a guide for his country

ENJOY
 the contrast of provençal colors

CONTEMPLATE
 the majestic grace of a gull

48 footpaths, mountain biking or horse riding

Are you familiar with the Maures Hills ?
 Here is a touch of geography to help you better understand and appreciate the landscapes you will discover during your walks.

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 (See St Tropez / Cap Lardier and Collobrières geology map, scale 1 : 50000). Primary crystalline range at the origin of a compartmentalized relief, favouring the expansion of forests (siliceous rocks). Ancient pre-Cambrian shelf (580 million years), folded and split from East - West to North-East - South-East. Range composed of metamorphic rocks : shale, mica-schist, gneiss, amphibolites, quartzites, plus the presence of granitoid at Plan de la Tour and Cap Camarat and sedimentary soils (sandstone and arkose) in faulted areas.

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Bay of Saint-Tropez / Maures Hills
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For further information, please do not hesitate to contact the Bay of Saint-Tropez/Maures Hills tourist offices.

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 Fax : 04 94 55 01 11
 www.cogolin-provence.com

Grimaud
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La Croix Valmer
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 www.lacroixvalmer.fr

La Garde-Freinet
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